



## Post Trauma Growth

**\*\* NEW \*\* Group meets  
Tuesdays 5-7 pm**

PTG group is available to Vet Center Veterans who experienced trauma and open to learn and try new skills within a group setting.

We believe that as a trauma survivor, you can reach a higher level of wisdom and compassion than what was prior to the trauma. Talk to your counselor for more information.

### ORDER BY VET CENTER

Order information:  
Order by: 01-1000  
01-1000-0000

Services are also offered through Mobile Vet Centers, in other community locations, and through virtual appointments.

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#### Counseling

Vet Centers offer individual, group, couples, and family counseling for you to learn through personal experience and examples shared in a safe and confidential environment.



#### Referrals

We help you navigate through our counseling and other resources for medical needs, employment, education and other community based resources available.



#### Community Engagement

We have many opportunities for you to meet with others who share similar experiences and work alongside community partners to advocate for your needs.